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## PRACTICAL SUGGESTIONS



DON'T scratch matches on the wall paper, top of a radiator, or on the surface of furniture. This is suggested by an experience with two nurses.

I. R.

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A CORRESPONDENT has written to the JOURNAL asking where she can study midwifery. The question was referred to an obstetrician, whose reply is as follows:

I know of no place where a woman may learn to be a mid-wife and if I knew I would not advise any woman to study the art. I believe the responsibilities of an obstetric case are so great that most physicians are not equal to them, and it is therefore a crime against reason to allow ignorant women to assume the care of the women of our land at such a critical period.

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IN regard to the paragraph on incinerators: There was an incinerator—and probably is—in the Buffalo Children's Hospital. It was run by natural gas, and was a very effective means of destroying soiled dressings, refuse, etc. The heat generated was intense and destruction was speedily accomplished.

E. O. B.

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I WAS sent to a patient ill with stomach trouble. The nervous element was present in a marked degree.

For weeks members of the family had been called up in the night to fill hot water bags, give drinks and light nourishment.

Gastric lavage with weak, warm saleratus solution was ordered for each evening. After this, the patient had junket once.

Before we retired, I always filled two bags with very hot water, and placed one for her feet, and gave the patient the other to "hug."

The patient had comfortable nights, and I was not disturbed except once to adjust a rattling window.

E. O. B.

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HERE is a newspaper idea to induce sleep in the too wakeful. Lie on the back and take a deep breath while you count six slowly; exhale while you count six slowly. Do this six times, in succession if possible,

then breathe naturally for three minutes and repeat the procedure several times. The counting is important. Plenty of fresh air is essential to success. I may be wrong about the six times in succession before breathing naturally, but I remember the little note in the paper did not allow of fatigue or imply that any one could get discouraged.

J. B.

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How long would you advise an obstetrical patient, after the nurse leaves, to keep sterile gauze over the breasts and to use sterile applicators for the nipples? As a rule a nurse leaves at the end of four weeks. I usually leave a number of these things sterile for the mother to use, still some people show that they believe very little in the use of such precautions. The other day I saw a baby I had left two weeks before and found one of its eyes slightly discharging, although they were perfectly clear when I was with him. I had instructed the mother how to use the eye dropper in putting boric acid into the eyes. I know a very good nurse who says she uses a piece of cotton, dipping it into the bottle of boric acid and squeezing it into the eyes. It seems to me we need to be reminded of new and better ways of nursing.

E. L. P.

[It would be helpful to have suggestions from nurses doing obstetrical work on the points brought up by this writer.—ED.]



“The shepherds sing, and shall I silent be?  
My God! no hymn for Thee?”

GEORGE HERBERT.